



*San Bernardino County Sheriff's Department  
present*



# **Stress Management – Dispatcher Update~ 2008**

**May 6    November 19**

**TIME:** 0800-1700 hrs

**CERTIFICATION:**

**POST:** 2330-22322-

**SBVC:** CRMJUS-076

50 unit

**TUITION:**

**SBVC:** \$11.50 payable to SBVC

**(Check, Money Order or Credit  
Card only)**

*\*Dates, location and fees are subject to change  
without notice.*

## ***TOPICS INCLUDE:***

- ❖ Cumulative Stress
- ❖ Symptoms of Stress
- ❖ Types of Stress
- ❖ Effects of Stress on Personal Life
- ❖ Positive Coping Mechanisms
- ❖ Negative Coping Mechanisms
- ❖ Effects of Excessive Stress

Instructor:

**Marilyn Neudeck-  
Dicken, PhD**

*Board Certified Expert  
in Traumatic Stress.  
Diplomate, American  
Academy of Experts in  
Traumatic Stress.  
Certified Diplomate,  
American  
Psychotherapy Assoc.*

**REGISTRATION:    (909) 473-2695**

**San Bernardino County Sheriff's Regional Training Center**

**Advanced Officer Training Facility**

**18000 Institution Rd. San Bernardino, CA 92407**